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## H1N1 clinics to close up shop tomorrow

**HEALTH** Today is the last day Ottawa residents can get an H1N1 vaccine or a seasonal vaccine from one of the city's roving clinics in 2009.

But while the clinics will cease after today, both vaccines are still available at many local doctors' offices and community health-care centres, Ottawa Public Health said yesterday.

Public health said recent H1N1 flu virus activity has decreased in Ottawa, but they expect the virus will be in the community in the future. OPH continues to encourage all residents to get both the H1N1 and seasonal flu shots.

Today's clinics are held at city hall at 110 Laurier Ave. W. and the Jim Durrell Arena at 1265 Walkley Rd. from 2:30 to 8:30 p.m.

TRACEY TONG/METRO OTTAWA

## News on the Move

What's this barcode for?  ScanLife

## World pg 10

## U.S. health bill clears Senate vote

## Food pg 28



Decadence in desserts

On the web   
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Ottawa Senators centre Mike Fisher and country singer and American Idol winner Carrie Underwood announced their decision to marry yesterday.

# Sens centre, country singer to tie the knot

**Senators centre Mike Fisher has agreed to a new long-term deal, but it has nothing to do with hockey.**

Fisher has confirmed reports that he and country music superstar Carrie Underwood are engaged.

"Yeah, it's true," Fisher told reporters after the team's practice yesterday. "We're both obviously excited and very happy."

No date for the wedding has been set. The hockey heartthrob, who's one of the team's most popular players, began dating the former American Idol winner over a year ago after being introduced through a mutual friend.

Rumours of the engagement began swirling on Twitter pages and websites Sunday when a family friend of Underwood, a 26-year-old Nashville resident, tweeted a congratulations

to the couple.

"It's great. It's a long time coming," said Chris Neil, Fisher's closest friend on the team. "I think there's going to be a lot of broken hearts in Ottawa with all those girls who are in love with Mikey ... But he's met a great girl."

Fisher, a 29-year-old from Peterborough, Ont., faced a large media scrum after the players skated ahead of their game against the Boston Bruins last night.

"I think you guys knew before I did," Neil told reporters. "It came out on Twitter about 20 minutes after (Fisher's proposal)."

Fisher would not give details of the proposal, and would only confirm that it took place a day earlier in Ottawa.

"It was an exciting

time for sure," Fisher said. "That's all I want to say. The rest I can answer about (the game)." He also provided a bit of levity by jokingly asking, "Who are we playing?"

The rest of his teammates also got a kick out of the development.

"It's good news," said fellow centre Chris Kelly. "Obviously, it's a happy day for the both of them. I wish them all the best."

With hockey players usually quick to provide some good-natured ribbing

at the expense of their teammates, Kelly's sincerity made reporters ask if a quip was coming.

"No," he deadpanned, "spending the rest of your life with someone isn't a joking matter."

Underwood, who grew up in Oklahoma, won the fourth season of American Idol. She has sold more than 10 million albums and is the first country artist to achieve 10 No. 1 singles from her first two albums.

And these are exciting times for Fisher. He's in the running for a spot on Canada's men's hockey roster for the upcoming Olympic Games in Vancouver.

THE CANADIAN PRESS

Underwood shows off her ring yesterday at a Senators game in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Gold wasn't stolen from Canadian mint, security reviews show

**METALS** The great Canadian gold heist has turned out to be something much more mundane.

Millions of dollars in supposedly lost gold at the Royal Canadian Mint has been accounted for — most of it miscounted, some sold off cheaply, and a lot swept into dust pans.

Three independent security and accounting reviews conclude that most of \$15.3 million worth of the precious metal in question wasn't lost at all, and there's no evidence any of it was stolen.

The reviews found that \$8 million was simply miscounted, while more than \$3 million was sold off as slag — at a fraction of its worth. Another \$1.6 million worth was found in buildings and machinery in the Mint. Much of the rest was used up in the minting process, including as gold dust.

There was nothing to indicate the Mint had been sloppy or careless with the precious metal.

"It is important to note that the Mint's precious metal refining process has the same characteristic as any other refinery process; losses are inevitable and unavoidable," concludes a review by IBI Group, which specializes in process engineering.

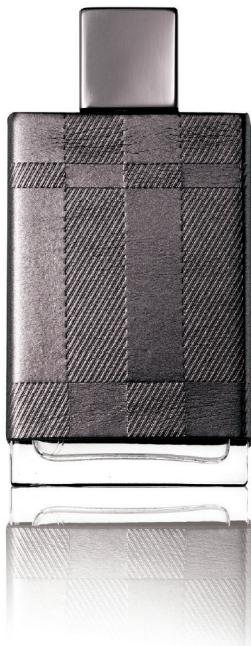
Indeed, the review says the technical expertise at the Mint exceeds the industry standard.

There had been speculation the Mint had been the target of a heist, but last month the Mounties said there would be no criminal investigation, citing a lack of evidence.

The reviews were launched after an external audit in June ruled out sloppy bookkeeping as the reason why the Mint had 17,500 troy ounces of gold on its records that it couldn't find.

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the Bay

# Local



## Police seek witnesses in fatal collision

The Ottawa police collision investigators are looking for witnesses in a fatal collision between a pedestrian and a pickup truck on Friday. Police say at about 8:43 p.m. a 58-year-old Ottawa man was crossing Bank Street north of Kilborn Avenue from the east to the west side when he was hit by a grey Dodge Ram pickup heading north on Bank Street. Paramedics arrived to find a 58-year-old male with no vital signs. Anyone with information about this collision is asked to contact Det. Plunkett at 613-236-1222 ext. 2478 or Crime Stoppers at 613-233-8477 (TIPS).

METRO OTTAWA



City's economic strategy to get an overhaul

**UPDATE** Over the next five months, a handful of councillors and five "external champions" will be re-evaluating the city's economic development strategy.

The new steering committee will be updating the city's six-year-old 20/20 economic strategy, after an analysis of the city's strengths, weaknesses, opportunities and threats conducted over the summer concluded that the 2003 document needed to be refreshed.

The committee is being co-chaired by Gloucester-South Nepean Coun. Steve Desroches and Cumberland Coun. Rob Jellett.

Children's Hospital of Eastern Ontario president and CEO Michel Bilodeau, Tracey Clark, managing director of Bridgehead Canada, uOttawa masters of engineering student Sonia Riahi, former president of Carleton University Richard Van Loon and Steve West, president of MDS Nordion are also on the committee.

TIM WIECLAWSKI/METRO OTTAWA

## Winterlude begins its green journey

Among new plans is measurement of carbon footprint for neutral 2012 fest

TRACEY TONG  
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In the nation's capital, they're one of the signs that winter has arrived.

Braving the cold at Jacques-Cartier Park, the Ice Hog family helped the National Capital Commission announce plans for the 32nd edition of Winterlude yesterday.

To be held from Feb. 5 to 21, 2010, the annual festival will see lots of changes, including the replacement of the American Express Snowbowl stage with outdoor events that have appeal for the whole family, said NCC vice-president of the capital experience, communications and marketing Guy Laflamme.

"We are planning special events on other sites, the details of which will be disclosed ... in early January," Laflamme said. "Winterlude draws large crowds and outdoor enthusiasts and families have been telling us to focus our resources on family-oriented and outdoor events which enable them to experience the Canadian winter while learning more about Canada's diversity."

The NCC has periodically made changes to Winterlude to ensure offerings remain relevant to residents and visitors, he said.



National Capital Commission vice-president of the capital experience, communications and marketing Guy Laflamme welcomes the Ice Hogs at an announcement for the 32nd annual Winterlude at Jacques-Cartier Park yesterday.

The next edition of Winterlude has three official sites — the Sun Life Snowflake Kingdom in Jacques-Cartier Park, the Rogers Crystal Garden at Confederation Park and the Rideau Canal Skateway. The NCC has periodically made changes to Winterlude to ensure offerings remain relevant to residents and visitors, he said.

"I was thrilled ... to see a crew on the canal starting

to do some measurements in terms of the ice thickness," said Laflamme. Although there are "no indications" the canal will be open for skating before Christmas, it is right on schedule, he said. "The weather is really on our side."

In the next edition of Winterlude, the NCC will al-

so be measuring the event's carbon footprint and encouraging visitors to take the snow bus in preparation to transition to a carbon neutral Winterlude in 2012. The fact that the Snowbowl was "generating a significant carbon footprint" was one of the reasons the NCC is replacing it with new programming.

But while there are changes, the popular snow sculptures and ice carvings, among a whole list of family activities, will remain the pillar of Winterlude's programming, Laflamme said.

The NCC unveils the official program and entertainment lineup in the new year.

## Family, community, culture part of Kwanzaa



Tarrah Mauricette, program manager with Jaku Konbit's Academy, left, and academy president Kenneth Campbell, light the seven candles that represent the seven principles of Kwanzaa. Jaku Konbit is hosting what is arguably Canada's largest public Kwanzaa celebration at 1000 Byron Ave. on Dec. 27.

ed to observing a different principle, represented by seven candles, explained Tarrah Mauricette, program manager with Jaku Konbit's

conomics, purpose, creativity and faith.

Campbell said Kwanzaa has become an important celebration for the community because it is a non-religious, non-political tradition that celebrates family, the community, and culture.

The goal of the celebration, he said, is to promote the best of their culture, heritage and the importance of family as a foundation for the community.

This year's event is taking place at the Ukrainian Orthodox Cathedral Hall at 1000 Byron Ave.

The group already has big plans to mark its 10th year.

Mauricette said they are planning to hold the 2010 celebration at the Canadian Museum of Civilization.

TIM WIECLAWSKI/METRO OTTAWA

## Alert for buyers of vent-free gas fireplaces

**OFFENCE ORDER** Ottawa residents who recently purchased vent-free, compact gas fireplaces are being advised to contact their retailer after prohibited heating devices were found sold in the area.

The Technical Standards and Safety Authority has issued a provincial offence order to immediately discontinue the sale of these heating devices manufactured by ProCom.

Vent-free gas fireplaces do not use a chimney or ventilation ducts in the walls to the outside air. If improperly installed, these types of fireplaces pose a danger for a fire or explosion.

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The two toboggan hills located within the Greenbelt officially opened recently. While the hill at Conroy Pit is lit from 4 p.m. to 11 p.m., the hill at Bruce Pit is not lit. METRO OTTAWA

# Christmas Exchange seeks more help

**TIM WIECLAWSKI**  
tim.wieclawski@metronews.ca

**The food hampers are all packed and ready to be delivered to Ottawa area families in need this holiday season, but it's not too late to help the Christmas Exchange make the season a little brighter.**

**mas Exchange make the season a little brighter.**

"There's a bit of a push right now because donations are down across the board and throughout the region, need is up," said honorary campaign chair Adrian Harewood, the host of CBC Radio's afternoon

**"I think we are going to fall short."**

Adrian Harewood

program All in a Day. "Unfortunately, I think we are going to fall short."

Last year, the exchange assisted over 25,000 people

in 9,200 families, including 11,000 children and 2,200 seniors.

This year, Christmas Exchange executive director Marilyn Matheson said the organization will distribute 252 food hampers and 8,500 Christmas vouchers to families in Ottawa, benefitting approximately 20,000 people.

Though many of the hampers and vouchers will be distributed before Christmas, Matheson said people can still make donations after Dec. 25.

She said there are still 800 families on a waiting

list and any donations they receive over the next week will be distributed as quickly as possible.

"I'm really surprised at how big it is," said volunteer Tiffany Johnson, referring to the demand for hampers and vouchers in Ottawa.

## La Cité collégiale joins Project Hero

**SCHOLARSHIPS** La Cité collégiale is the latest local post-secondary institution to join Project Hero, a scholarship program that provides financial aid to the children of Canadian Forces members who were killed in the line of duty.

Project Hero targets individuals 25 and younger who attend a participating institution, which now includes La Cité collégiale, as well as uOttawa, Carleton University and Algonquin College — the latter of which joined the initiative this year. The amount of the scholarship varies according to tuition fees and the length of the program up to eight semesters.

"By joining Project Hero, the college community has found a practical way of thanking the men and women who uphold the values of democracy on our behalf," said La Cité collégiale president Andrée Lortie.

Project Hero is the brainchild of former National Defence chief of staff Rick Hillier.

TRACEY TONG/METRO OTTAWA

## Chamber concert series underway

**MUSIC** The Chamber Players of Canada opened its new 2009-2010 concert series yesterday. The series continues until May 29 when the Chamber Players celebrate spring with a concert called Music for Springtime featuring a special performance of Aaron Copland's Appalachian Spring in its original chamber music version for 13 musicians.

"I'm absolutely delighted that we're finally launching a regular season concert series with the Chamber Players of Canada," said artistic director Julian Armour. METRO OTTAWA



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## Nervous feds post want ad for seal-hunt media management

VANCOUVER  
2010 Games

**MEDIA** Canada's Olympic mascots are meant to be cute and cuddly, but visit one anti-sealing website and you'll see Quatchi angrily wielding a club and blood dripping from Mi-ga's snarling jaws.

The federal government is getting antsy about the beating it's taking on sites such as [www.olympic-shame2010.com](http://www.olympic-shame2010.com), run by animal-rights group PETA, so it's looking for its own social media guru to protect its reputation.

Last week, the Department of Foreign Affairs posted a \$75,000 contract for a "Social Media Reputation and Online Issues Management" adviser on the seal hunt.

The winning applicant would analyze what's out there on YouTube, Twitter, Facebook and other sites, as well as examine what techniques anti-seal hunt groups use to maximize their profile on search engines.

**"We already have in place rigorous animal welfare standards — legislation, regulations and licence conditions — to ensure that the seal hunt is humane."**

Foreign Affairs spokeswoman Simone MacAndrew

gines.

On Facebook alone, a search of the terms "seal hunt" comes up with more than 500 hits, some of them groups with thousands of members with titles such as "Stop the Canadian Seal Hunt." Pictures or links to YouTube feature footage of seals being clubbed or their bloody corpses in the snow.

The department would like to "gauge the nature of discussions, the positive to negative percentage of dialogue and be positioned, if possible, to correct misinformation," says the contract description.

The request for bids specifically mentions how "anti-sealing groups plan to leverage the visibility of the 2010 Winter Games."

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## A possible silver lining for H1N1 flu

Outbreak may spur benefits for future vaccines: Experts

**When you think of a flu pandemic, the images that come to mind are of people sick and people dying.**

But influenza experts quietly admit there may be a silver lining — or several — to the H1N1 pandemic that erupted this year. Not just in the event itself, which was milder than feared, but also in the viral legacy it may leave.

In the wake of this pandemic, flu vaccine could be easier to make or could cover more targets. A tricky problem of drug resistance could disappear. And the toll influenza takes on the elderly could conceivably ease, at least

### Optimism

- Their optimism is in large part fuelled by a phenomenon known as viral replacement which has been seen in previous pandemics, or at least the three that have been studied using modern laboratory techniques. In simple terms, during the pandemics of the 20th century — 1918, 1957 and 1968 — the new virus snuffed out its viral predecessor.

for awhile.

Before going too far down What-If Road, however, it's important to note that predicting influenza's

path is a mug's game. The longer people study it, the less likely they are to try to guess what influenza viruses may do.

"I don't know — right now everything's a possibility as far as I'm concerned," Dr. Michael Osterholm, director of the University of Minnesota's Center for Infectious Diseases Research and Policy, cautions when asked about what the flu landscape might look like in the aftermath of this pandemic.

Still, even experts who share that understanding are thinking about some possibilities.

THE CANADIAN PRESS

### B.C. Seal rescue



HANDOUT/THE CANADIAN PRESS

Department of Fisheries and Oceans staff from the SARA Marine Mammal Response Program successfully disentangled rope from a 500 kilogram Stellar sea lion near Race Rocks off Victoria, B.C. on Thursday and freed the animal. The rope was entangled around the sea lion's flipper and was tethered to a large rock, severely restricting the animal's movements.

### Natives protest Olympic torch

**VANCOUVER 2010** Aboriginal protesters vowing to stop the Olympic torch from entering their southern Ontario reserve gathered at the Six Nations boundary line yesterday.

Some 20 vehicles were parked on the side of the road leading into the reserve and protesters are flying both Mohawk Warrior and Iroquois Confederacy flags. The protesters said the Olympic flame has no place on native land. Six Nations leaders who support the torch run had planned to hold a relay through the reserve but switched gears yesterday.

THE CANADIAN PRESS

## No plans to talk over NB Power buy

**ENERGY** The Quebec government says it has no plans to renegotiate a deal to buy New Brunswick's power utility.

Natural Resources Minister Nathalie Normandeau says renegotiating is not on Quebec's radar screen — because an agreement has already been hammered out.

She made the comments yesterday after a cabinet meeting in Quebec City.

Those remarks appear to pour cold water on the suggestion, coming out of New Brunswick, that the

deal is somehow still a work in progress.

The New Brunswick government has come under intense political fire over its plan to sell the assets of NB Power for almost \$4.8 billion.

That government has defended the sale by saying the money will help the province make investments in areas like education that will lead to a more prosperous future for New Brunswick.

But critics have called it a sellout of key assets.

THE CANADIAN PRESS

## Policing drugs gets sticky

### VANCOUVER 2010 Games

**OLYMPICS** International Olympic officials are trying to reach an agreement with Canadian law enforcement authorities on combating performance-enhancing drugs at the Winter Games in Vancouver.

Arne Ljungqvist, chairperson of the International Olympic Committee's medical commission, said yesterday the two sides are co-operating but have not finalized terms of an anti-doping strategy for the Feb. 12-28 Games.

The situation is tricky because Canada does not have anti-doping laws, leaving it unclear whether authorities could raid athletes' accommodations in Vancouver to search for drugs the way Italian police did during the 2006 Winter Games in Turin.

"Discussions are going on," Ljungqvist said. "They will probably go on until more or less Games-time."

"We haven't been able to penetrate it fully, but the Canadians are co-operating in a positive way," he added.

The IOC is responsible for drug testing during each Olympics, but counts on police in host countries to share information and crack down on any smuggling, trafficking and distribution rings associated with the Games.

"This has become more and more important," Ljungqvist said. "We are acting more and more on the basis of intelligence."

In 2006, acting on an IOC tip, Italian police raided lodgings of the Austrian biathlon and cross-country teams outside Turin, seizing doping products and equipment.

THE CANADIAN PRESS

## Tickets resale site now online

**GAMES** Olympic organizers have launched their much-hyped ticket resale website, saying it should help solve the perennial problem of empty seats at Olympic events.

Organizers say the official resale site will also guard against online fraudsters selling fake seats.

They've removed the price cap on ticket resales, and will instead allow fans to charge as much as they can for unwanted seats.

THE CANADIAN PRESS



Saad Gaya, 22, sometimes leads prayer services for his co-accused at Maplehurst detention centre, court was told yesterday.

## Toronto 18 hooked up

### Terror suspects treated to technology, guards testify

**Two correctional staff at the detention centre that has been housing some of the Toronto 18 terror suspects say they have been treated better than most inmates.**

The Maplehurst detention centre correctional officer and supervisor were testifying yesterday at the sentencing hearing for Saad Gaya.

Gaya, 22, was among 18 people arrested in June 2006 in a massive terror plot and is one of four of those people to plead guilty.

The corrections staff told court yesterday that since a segregation order

was lifted in June 2007 the 10 men jailed there have been treated better than other detention centre inmates.

They say special accommodations were made for the men's Muslim faith, that they have better TV access and have laptops in their cells due to a court order that they have 24-hour access to evidence in their cases.

The officers also testified that Gaya was very respectful, well-behaved and sometimes led prayer services for his co-accused when an imam wasn't available.

THE CANADIAN PRESS

### Kidnapping fibber told to get help

she'd been forced to drive there by an armed assailant who didn't exist.

Judge Patricia Cumming told Simmons she must attend mental health counselling and perform 150 hours of community service.

RCMP investigators said Simmons admitted to having made up the story and that she had gone to Toronto alone for personal reasons.

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# Mexico City OK's same-sex marriage

**Mexico City lawmakers yesterday made the city the first in Latin America to legalize same-sex marriage, a change that will give homosexual couples more rights, including allowing them to adopt children.**

The bill passed the capital's local assembly 39-20 to the cheers of supporters who yelled: "Yes, we could! Yes, we could!"

Mexico City's left-led assembly has made several decisions unpopular elsewhere in this deeply Roman Catholic country, including legalizing abortion in the first 12 weeks of pregnancy.

## Legality

- Seven countries allow gay marriages: Canada, Spain, South Africa, Sweden, Norway, the Netherlands and Belgium. U.S. states that permit same-sex marriage are Iowa, Massachusetts, Vermont, Connecticut and New Hampshire.

That decision sparked a backlash, with the majority of Mexico's other 32 states enacting legislation declaring life begins at conception.

The conservative Nation

Action Party of President Felipe Calderon has vowed to challenge the gay marriage law in the courts. However, homosexuality is increasingly accepted in Mexico, with gay couples openly holding hands in parts of the capital and the annual gay pride parade drawing tens of thousands.

The change would allow same-sex couples to adopt children, apply for bank loans together, inherit wealth and be included in the insurance policies of their spouse, rights they were denied under civil unions allowed in the city.

THE ASSOCIATED PRESS

# Concerns follow Chinese envoy

**TAIWAN** A senior Chinese envoy's visit to Taiwan for trade talks has sparked a backlash among critics who fear the Taiwanese government's China-friendly policies are opening the

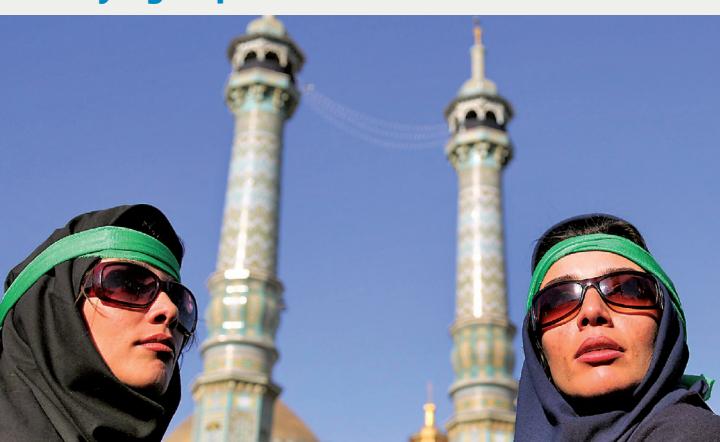
door to eventual unification with the mainland.

Chen Yun-lin flew yesterday from Beijing to the central Taiwanese city of Taichung a day after tens of thousands of pro-indepen-

dence demonstrators marched through its streets to protest President Ma Ying-jeou's push to link the island's economy ever closer to China's.

THE ASSOCIATED PRESS

## Iran Paying respects to Montazeri



Two pro-reform Iranian women attend the funeral ceremony of Grand Ayatollah Hossein Ali Montazeri, the spiritual father of Iran's reform movement, as they wear green headbands, the symbolic colour of Iranian opposition, in the holy city of Qom yesterday. Montazeri, who died Sunday at the age of 87, was a key figure in the 1979 Islamic Revolution who later accused his fellow clerical leaders of imposing dictatorship in the name of Islam.

THE ASSOCIATED PRESS

## News in brief

**WASHINGTON** U.S. President Barack Obama and first lady Michelle Obama have received their H1N1 flu shots. Obama said yesterday that he and his wife "just got the shots." A White House official later said Obama was vaccinated at the

White House on Sunday and that Mrs. Obama was vaccinated a few days earlier.

**KOREAS** North Korea threatened South Korean ships with possible attack by designating a firing zone along their disputed sea border yesterday.

North Korea designated what it claimed are its territorial waters in the disputed area a "peacetime naval firing zone." That apparently means that artillery shells could land in the waters at any time.

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## 14 world

### Nazareth Walking with Jesus



Rev. Jack Karam is seen yesterday at the excavation site of the first dwelling in Nazareth that can be dated back to the time of Jesus. Remains of a wall, a hideout and a cistern were found under an old convent courtyard in the northern Israeli city.

## UN blames Guinean chief for murders

**UN investigators say there is sufficient reason to believe that Guinea's wounded junta leader is directly responsible for the mass killings and rapes of protesters in September, which they consider crimes against humanity, a diplomat said yesterday.**

The UN investigators also concluded that there are reasonable grounds to suspect that junta leader Capt. Moussa (Dadis) Camara, along with the army officer who shot Camara in a dispute on Dec. 3 and Guinea's anti-drug chief, bears "individual criminal responsibility" for the events of Sept. 28.

A 60-page report, in French, was transmitted to the UN Security Council, Guinea's government, the African Union and the Economic Community of West African States this weekend. Its contents were first reported by Le Monde, the French daily newspaper.

The three-member UN commission, which interviewed 700 people to reach its findings, recommended

### Massacre

- On Sept. 28, soldiers loyal to Guinea's military ruler sealed off the exits of the national football stadium, where tens of thousands of protesters had gathered. Troops entered and fired assault rifles, spraying bullets into the crowd. A UN commission has concluded that 156 people died.

that the International Criminal Court investigate those believed responsible for the killings, the Security Council diplomat said, speaking anonymously.

The report said 156 people died in the incident. The commission also said at least 109 women or girls were victims of rape and sexual mutilation, while others suffered "cruel and degrading treatment," and dozens of people were arrested or arbitrarily detained in military camps.

The junta has insisted only 57 people died and has denied rapes occurred.

THE ASSOCIATED PRESS

Man stuck needles in boy to spite wife

**ABUSE** A man jailed for piercing his two-year-old stepson with up to 30 needles said he intended to spite his wife by killing the child, who is recovering from surgery. Roberto Carlos Magalhaes said Sunday that he drugged the boy with wine and had his lover hold the child down while he pierced him with needles on multiple occasions.

THE ASSOCIATED PRESS

Pope recalls trip to Holocaust memorial

**SAINTHOOD** Pope Benedict XVI yesterday recalled a visit to Israel's Holocaust memorial as a disturbing encounter with hatred. The Pope spoke days after angering Jewish groups by moving the controversial Second World War-era pope, Pius XII, a step closer to sainthood. Pius has been criticized for not speaking out during the Holocaust.

THE ASSOCIATED PRESS



# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

### A leader on the high road

#### National Report

**Lawrence Martin**  
metronews.ca/nationalreport

**A**t long last the United States will get a semblance of a decent health-care system. Barring some unforeseen reversal, U.S. President Barack Obama's reform package will receive final approval next month.

It's far from ideal. There is no public option for example. But it's a major step forward after decades of repeated failed attempts.

This, along with the steadyng of the American economy after its near collapse, will mark the most significant achievement of the first year in office for Obama. Many anticipated

more from him. Following the years of regressiveness under former U.S. president George W. Bush, his expectations were enormous. But he has shown himself to be more of a middle-of-the-road compromiser than a reformer.

This was particularly evident in his decision to escalate the war in Afghanistan. In the election campaign he had spoken of moving America away from the post 9-11 fear mentality. The idea was that the most powerful military nation in the

world would no longer be held hostage to little bands of terrorists hiding away in mountains. Yet though no one has laid a glove on the United States in eight years, the fear of what extremists might do was at the heart of the Afghan escalation.

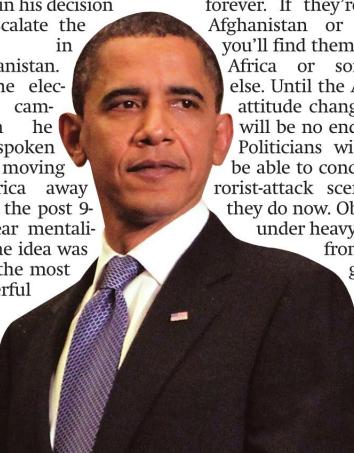
Terrorism will be around forever. If they're not in Afghanistan or Pakistan you'll find them in North Africa or somewhere else. Until the American attitude changes, there will be no end to wars. Politicians will always be able to concoct a terrorist-attack scenario, as they do now. Obama was under heavy pressure from the legions on the American right, now led by hillbilly

Sarah Palin, who makes even Bush sound erudite. Had he not opted for more war, they would have pilloried him.

While the results of his first year have been mixed, it is still enormously comforting to have Barack Obama in place as the world's most powerful man. Watching him, you can see a calm and balanced and enlightened mind at work, a president with global perspective who views the world without prejudice.

What a beautiful contrast this represents as compared to the narrow-minded confrontationalism of his predecessors. Unlike so many other leaders whose smaller minds are steeped in combat-politics, Barack Obama is one who is on the high road and who will stay there.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



## Views

### Not out of the jobless woods yet

#### InBusiness

**Charles Davies**  
metronews.ca/inbusiness

So much for the jobless recovery. After scores of worrisome stories grousing that part-time jobs far too often replace full-time positions, and that an economic turnaround would fail to dent unemployment, Statistics Canada had some good news. It reported that 79,000 jobs were added in the month of November, almost half of which were full-time positions. Even the ravaged Ontario economy managed to add 27,000 jobs, the province's best monthly gain since September of 2008. Canada is hardly out of the woods — we're

still 321,000 jobs shy of employment levels before the onset of recession — but the job picture is brightening the way it always does when the cycle turns up. Employers actually hire more people.

Then again, look at what they're being hired to do. The long-term **We're still 321,000** trend in this **jobs shy of respect** is **employment levels** not, depend-**before the onset of** point of view. More than 92 per cent of the jobs added in November were in the service sector. Roughly 78 per cent of the 16.9 million people now employed in Canada perform services rather than producing goods, up from 75 per cent five years ago. The major service categories in descending order of importance: Wholesale

and retail trade; health care and social assistance; educational services; professional, scientific and technical services; and financial services. In the past year, the service sector has added 38,000 jobs. And over the past five years, the total

number of service sector jobs has grown by nearly nine per cent. The goods producing sector is a differ-

cuts coming in manufacturing. Major job losses have also been felt in construction and natural resources, in the latter instance most recently in Timmins, Ont.

There are several reasons for our inexorable drift to a service economy, including globalization (the Chinese and others just make things more cheaply than we can), shifting commodity prices, and the general economic cycle. And at least we can

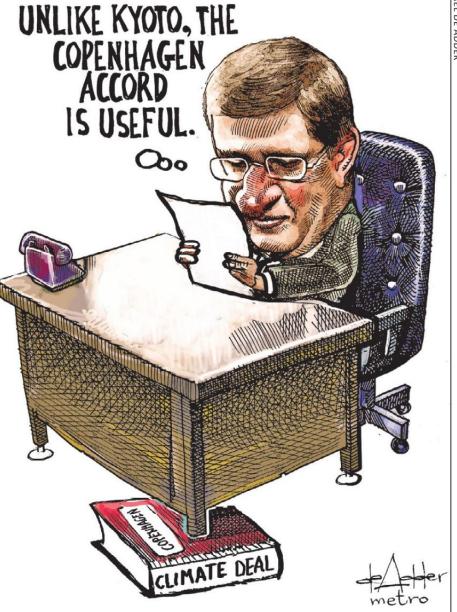
console ourselves with the fact that it will be a private-sector-dominated service economy. The private sector, including company employees and the self-employed, accounts for about 80 per cent of total employment in Canada, only marginally less than it did five years ago.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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## Worth mentioning

### Dutch authorities seek to unravel mystery of young sailor's voyage

Her dream of becoming the youngest person to sail solo around the world shattered and under scrutiny over her quest, Dutch teenager Laura Dekker ran away from home — to the Caribbean 5,000 miles away.

Two days after she was reported missing, police managed to track the 14-year-old girl down on the island of St. Maarten.

Police and child care authorities were working Monday to uncover how exactly Laura got there and why she fled, as a family spokeswoman speculated the pressure of a court battle over the attempt had gotten to her.

It remained unclear if she had any plans to use the island, half of which is part of the Netherlands Antilles, as a start point for a sailing voyage.

She made international headlines in August when a court temporarily blocked her bid to set sail alone around the world in her 19-metre yacht Guppy.

If Laura were to get permission to set off on the voyage and successfully

complete it, she would break a record set this year by 17-year-old Mike Perham of Britain, who sailed 45,000 kilometres around the world in nine months.

A 16-year-old Australian girl, Jessica Watson, is currently trying to beat Perham's record.

Utrecht District Court ruled in October Laura was too inexperienced for the marathon voyage. Judges sent her home to live with her divorced father and appointed a temporary guardian to ensure she did not set off on the voyage. They urged her to make better preparations and said they would reconsider her case in July.

In recent weeks she had been feeling drained by the pressure, said family spokeswoman Mariska Woertman.

Laura was expected to arrive back in the Netherlands on a flight early today police spokesman Bernhard Jens said. Police will then ask her how she managed to slip out of the country last week and whether anybody helped her.

THE ASSOCIATED PRESS



Laura Dekker

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\*According to an independent consumer survey conducted in November 2009.



General Motors Co. has hired an outsider to run its troubled finance operations, bringing in the chief financial officer of Microsoft Corp. Chris Liddell will join GM next year, GM CEO Ed Whitacre Jr. said in a statement yesterday. **THE ASSOCIATED PRESS**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Cautious approach on housing urged

**Hints by Finance Minister Jim Flaherty that Ottawa may tighten mortgage eligibility rules to avert a possible housing bubble sent ripples through the industry yesterday, with analysts urging a cautious approach to avoid damaging the economy.**

"The main risk here is overshooting, over-responding and basically shutting down or slowing down significantly the housing market," CIBC senior economist Benjamin Tal said in an interview.

"That is a risk they have to take into account, because the housing market is a major, major contributor to overall economic growth and we are still in a very fragile state of the recovery."

Tal was reacting to a

**"The housing market is a major, major contributor to overall economic growth and we are still in a very fragile state of the recovery."**

Benjamin Tal, CIBC economist

taped interview with CTV to be broadcast next weekend in which Flaherty said the government is worried Canadians may be taking on too much debt because of historically low interest rates and could get into trouble when rates inevitably rise to historical levels.

In recent weeks, the Bank of Canada has called record household debt the top risk facing the country's financial system, a warning repeated in Toronto last week by the central bank's governor, Mark Car-

ney. The central bank did note that the risk to Canada's banking system was small, but worried that when interest rates rise to normal levels, up to 10 per cent of households could face difficulties in meeting monthly payment requirements.

Flaherty told CTV's Question Period that one thing the government will likely do is increase the minimum down payment on residential mortgages from five per cent "to a higher figure." **THE CANADIAN PRESS**

### Business in brief

**ELECTRONICS** Panasonic Corp. said yesterday that it had taken majority control of Sanyo Electronics Co., officially forming one

of the world's largest electronics makers. Panasonic said it had converted preferred shares to give it a 50.27 per

cent stake in Sanyo. It acquired the shares in a previously announced \$4.6 billion US tender offer. **THE ASSOCIATED PRESS**

DOLLAR	N.GAS	OIL	TSX
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### Shock jock Stern threatens



In this Dec. 18 file photo, radio host Howard Stern, centre, and his wife, Beth Ostrosky, talk while attending an NBA basketball game between the New York Knicks and Los Angeles Clippers in New York. Stern is threatening to leave Sirius XM Radio Inc. now that the shock jock and the satellite radio provider are getting set to enter contract talks in 2010.

### China unfairly blocking U.S. music, films, WTO rules

**TRADE** The World Trade Organization's top arbitrators upheld a ruling that China is illegally restricting imports of U.S. music, films and books, and Washington pushed forward with a new case accusing China of manipulating the prices for key ingredients in steel and aluminum production.

Yesterday's verdict by the WTO's appellate body knocked down China's objections to an August deci-

sion that came down decisively against Beijing's policy of forcing American media producers to route their business through state-owned companies.

If China fails over the next year to bring its practices in line with international trade law, the U.S. can ask the WTO to authorize commercial sanctions against Chinese goods. Western exporters complain that China's rapid rise as a trade jugger-

naut has been aided by unfair policies.

**THE ASSOCIATED PRESS**

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**SCANLIFE**  
Banks are being criticized for not lending, even after some have received hefty bailouts. However, some say trading, not lending, is the better economic fix for now. Scan this barcode for the full story or go to [metronews.ca/business](http://metronews.ca/business).

### Retail sales see growth in October, StatsCan reports

**REBOUND** Retail sales have returned to the levels last seen a year ago, when the recession began to bite, Statistics Canada reported yesterday.

Sales rose 0.8 per cent in October from the previous month to \$35.3 billion, the eighth gain in 10 months.

The auto sector, especially new cars, led the rebound. Excluding this sector, sales actually edged down 0.2 per cent in October.

While automotive sales overall grew by three per cent from September, new car sales rose for a sixth consecutive month, gaining 3.6 per cent.

October was the first month this year where the value of new car sales was higher than in 2008.

However, the overall automotive sector was still down six per cent from October 2008, when a global recession and upheaval in

### Confidence

- The Conference Board's consumer confidence index rose 3.7 percentage points in December after two straight months of decline. The index hit 82.8 this month on a scale where the 2002 level equals 100.

The international financial system began to tighten its grip on Canada, drying up demand for cars.

Higher sales in five of the seven non-automotive sectors were more than offset by declines of 1.3 per cent in food and beverages and 0.9 per cent in pharmacies and personal care.

Supermarket sales were down 1.1 per cent, partially offsetting September gains. Sales at beer, wine and liquor stores fell 2.2 per cent after increases in August and September.

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Regina Mayor Pat Fiacco says a deal is a deal — even if it means he has to trade his beloved Saskatchewan Roughriders jersey for a Montreal Alouettes one. Fiacco made good yesterday on a Grey Cup bet that he made with Montreal Mayor Gerald Tremblay. **THE CANADIAN PRESS**

# Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA

## Colts last team left with shot at record

It's got lonely at the top for the Indianapolis Colts, the NFL's last unbeaten team.

The Colts became the third franchise in league history to have a 14-0 record when they beat Jacksonville 35-31 last Thursday night. When Dallas upset New Orleans 24-17 on Saturday night, the Saints' dreams of a perfect season were shattered.

So the Colts, who joined the 1972 Miami Dolphins and 2007 New England Patriots as the only 14-0 clubs, will challenge the record books solo. While Miami finished that season with a championship and a 17-0 mark, the Patriots lost in the Super Bowl to the New York Giants to end up 18-1. No team has gone 19-0.

Indy could do it with victories over the New York Jets on Sunday at home, then against the Bills on the road.

"It's a great conversation for those who love our sport," coach Jim Caldwell said. "We know what the most important thing is: We want to be in the best possible condition we can be in. We want to do well in the playoffs. That's what we think about and we'll adjust and move along game by game like we've done all year. We'll make an assessment on how we'll play this next game some time in the future."

**THE ASSOCIATED PRESS**

### Jets

• Manning is only 7-4 against the Jets, who the Colts haven't played since 2006.

finished that season with a championship and a 17-0 mark, the Patriots lost in the Super Bowl to the New York Giants to end up 18-1. No team has gone 19-0.

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Ottawa Senator Jarkko Ruutu comes up short on Boston Bruins goalie Tim Thomas last night at Scotiabank Place.

## Thomas shuts out Sens

### NHL

#### Bruins 2 Senators 0



AT



**Tim Thomas stopped 29 shots against the Ottawa Senators as the Boston Bruins won 2-0 last night.**

Thomas, who has now won ten straight against the Senators (18-14-4), had his fourth shutout of the season.

Patrice Bergeron and Marco Sturm scored for the Bruins (17-11-7).

Despite being on the losing end Brian Elliott had a solid outing as he faced 29 shots.

The win allowed the Bruins to put an end to a four-

### Game notes

• Ottawa was without G Pascal Leclaire (cheekbone, day-to-day), RW Chris Neil (knee, day-to-day), C Jason Spezza (knee, six weeks), LW Nick Foligno (lower body, out indefinitely), RW Shean Donovan (knee, eight weeks).

game losing streak and wrap-up a three-game road trip on a positive note.

While the Senators fell short they played a solid game, created numerous chances, but just couldn't find a way to beat the 35-year-old Thomas.

Thomas looked sharp from the start as the Senators had the early jump, but saves on Josh Hennessy and Jesse Winchester set

• Boston's Mark Recchi played his 1,525th NHL game, moving him past Brendan Shanahan for 10th place on the NHL's all-time appearances list.

• Bruins D Andy Wozniowski was a healthy scratch.

the tone.

The two teams remained scoreless after two periods as both goaltenders were perfect and sometimes lucky.

The Bruins had two power play opportunities in the second, but were unable to create any real threat.

Elliott, who has played 14 of the last 15 games while Pascal Leclaire recu-

perates from surgery on his fractured cheekbone, had been inconsistent for the most part, but looked solid yesterday.

The Bruins finally managed to beat Elliott early in the third as Bergeron scored low stick side. The Senators' Hennessy failed to clear the puck and Shawn Thornton threw it at the net where Erik Karlsson put little effort in getting the puck out allowing Bergeron to jump in and give the Bruins a 1-0 lead.

The Bruins made it 2-0 with just under seven minutes remaining when Sturm beat Elliott with a wrist shot after Ottawa's Alexandre Picard failed to tie up Sturm as he broke in alone.

**THE CANADIAN PRESS**



CC Sabathia

At least the Yankees got value for their spending, winning the World Series for the first time since 2000 after adding high-priced free agents CC Sabathia, A.J. Burnett and Mark Teixeira. And the Yankees did lower their tax bill from \$26.86 million last year.

New York's payroll was \$226.2 million for the purpose of the luxury tax and the Yankees pay at a 40 per cent rate for the amount over \$162 million. To compute the payroll, Major League Baseball uses the average annual values of contracts for players on 40-man rosters and adds benefits.

**THE ASSOCIATED PRESS**

## Cowboys cut kicker, replace him with Canadian

The Dallas Cowboys have cut placekicker Nick Folk and replaced him with Shaun Suisham of Wallaceburg, Ont.

Suisham previously kicked for Dallas in 2005 and 2006. He was released on Washington on Dec. 8 after missing several kicks — the same problem that cost Folk his job yesterday.

Folk clanged the right up-

right on an easy 24-yarder that would have put away Saturday night's 24-17 victory against the unbeaten Saints. Instead, the Dallas defence had to make one more stand against one of the league's best offences.

Folk leads the NFL with 10 misses, going 18-of-28 and missing seven of his past 11.

Suisham was released by

the Redskins in great part after he missed a short field goal against New Orleans, which rallied to win in overtime.

For his career, Suisham is 85-of-107 (79.4 per cent). He originally signed with Pittsburgh out of Bowling Green in 2005, went to the Cowboys' practice squad and was signed to the active roster on Oct. 24, Su-

isham played in three games and was 3-of-4 on field goals before being released.

Back with Dallas in 2006, he played in three games and was 1 for 2 before again being cut. He finished the year with the Redskins, appearing in five games and converting eight of nine field goals.

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Mike Holmgren has decided to see if he can fix the Cleveland Browns. The Super Bowl-winning coach accepted a job to become the club's president yesterday, joining a franchise needing a major makeover after a decade of losing. **THE ASSOCIATED PRESS**

# Women's team features speedy, skilled blue-liners

**The key component of Canada's Olympic women's hockey team is fast, skilled defenders who can contribute offensively.**

The 21-player roster unveiled yesterday includes three young defencemen with considerable offensive upside.

Edmonton's Meaghan Mikkelson, Montreal's Catherine Ward and Tessa Bonhomme of Sudbury, are among seven players on the team who will make their Olympic debuts Feb. 13, when Canada opens defence of the gold medal against Slovakia.

Head coach Melody Davidson, who was also behind the bench at the 2006 Olympics in Turin, Italy, has been cultivating defencemen who can both protect Canada's end of the ice and generate goals.

"Over the last four years, we've been building depth at defence," Davidson said.

The roster includes familiar faces such as Hayley



Captain Hayley Wickenheiser is interviewed after the Canadian women's hockey team was announced in Calgary yesterday.

Wickenheiser of Shawinigan, Sask., Winnipeg's Jennifer Botterill, Jayna Hefford of Kingston and

Becky Kellar of Hagersville, Ont., who will all play in their fourth Olympic Games.

Calgary's Carla MacLeod, named the most valuable player at the world championships earlier this year, is one of the best offensive defenders in the game.

Davidson retained her, Colleen Sostoris of Kennedy, Sask., and Kellar as defencemen from the 2006 squad. Kellar and Sostoris play a more defensive-style of game.

"I look at our defence and I think we've got a balance of offensive, mobile defence and the stay-at-home, solid defensive defencemen when you look at Sostoris or Kellar," said Wickenheiser, who was also named captain yesterday.

Davidson released two players Sunday night to get down to three goaltenders, six defencemen and 12 forwards.

The players will have a short holiday break starting today before facing the U.S. in exhibition games Dec. 30 in St. Paul, Minn., and Jan. 1 in Ottawa.

THE CANADIAN PRESS

## British rugby star finds support after coming out

Even in this age of enlightenment, a professional athlete considering exiting the homosexuality closet must first exorcise demons.

For the hulking British rugby star Gareth Thomas, outing himself last week came only after the disintegration of his marriage, thoughts of suicide and an emotional breakdown.



Gareth Thomas

the most capped Wales player with 100 appearances.

He says he agreed to his high-profile public outing in order to push the sporting world in the footsteps of other professions where openly gay people are accepted.

The reaction he's received from family and teammates has been "amazing," he said.

He finally broke down in tears after a Wales game in Cardiff and confessed his secret to a coach, who rallied a few of his teammates to his side.

Their reaction surprised him. "They came in, patted me on the back and said: 'We don't care. Why didn't you tell us before?'"

Thomas insists he will not make his coming out "a crusade," but he hopes the message is clear.

"I feel I have achieved everything I could ever possibly have hoped to achieve out of rugby, and I did it being gay," he said. "I want to send a positive message to other gay people that they can do it, too."

TORSTAR NEWS SERVICE



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## Sports in brief

**CFL** Recently fired Winnipeg Blue Bombers head coach Mike Kelly will remain in legal limbo until the New Year. Kelly was supposed to appear in a Pennsylvania court tomorrow on domestic assault charges, but his lawyer can't attend and has asked for a new date that will likely be in January.

**BASEBALL** Free-agent pitcher Jason Marquis and the Washington Nationals have agreed to a two-year contract, pending a physical, two people familiar

with the deal told The Associated Press yesterday. One person said the agreement is worth about \$15 million US.

**UFC** The injury-plagued UFC 108 card was finally completed yesterday with the addition of bouts featuring welterweights Paul Daley and Dustin Hazelett, and lightweights Duane Ludwig and Jim Miller. The mixed martial arts show will take place Jan. 2 at the MGM Grand Garden Arena in Las Vegas.

METRO NEWS SERVICES

## SCOREBOARD

### NHL

#### NHL OVERALL STANDINGS

#### EASTERN CONFERENCE

#### WESTERN CONFERENCE

#### GP W L OL GF GA PC

#### d-New Jersey 35 26 8 1 105 79 53

#### d-Washington 35 22 8 6 130 100 49

#### d-Buffalo 35 22 10 3 94 76 47

#### Pittsburgh 37 25 11 1 116 95 51

#### Boston 35 17 11 7 90 87 41

#### Atlanta 35 18 13 4 115 108 40

#### OTTAWA 36 18 14 4 100 103 40

#### Florida 38 16 15 7 111 122 39

#### N.Y. Rangers 36 17 16 3 99 102 37

#### Montreal 38 17 18 3 97 107 37

#### Tampa Bay 36 17 16 3 98 103 37

#### Toronto 37 13 16 8 106 130 34

#### N.Y. Islanders 37 13 17 7 90 120 33

#### Philadelphia 35 15 18 2 95 102 32

#### Carolina 36 9 21 6 89 131 24

#### TODAY'S GAMES

#### San Jose at Chicago, 8 p.m.

#### Anaheim at Colorado, 10 p.m.

#### Nashville at Vancouver, 10:30 p.m.

### NBA

#### YESTERDAY'S RESULTS

#### Milwaukee 84 Indiana 81

#### Orlando 104 Utah 99

#### Sacramento 102 Chicago 98

#### L.A. Clippers at San Antonio, 10 p.m.

#### Cleveland at Phoenix, 10 p.m.

#### TODAY'S GAMES

#### Philadelphia at Washington, 7 p.m.

#### Detroit at Chicago, 7:30 p.m.

#### Indiana at Boston, 7:30 p.m.

#### Atlanta at Minnesota, 8 p.m.

#### Golden State at Memphis, 8 p.m.

#### Portland at Dallas, 8:30 p.m.

#### L.A. Clippers at L.A. Lakers, 10:30 p.m.

### OHL

#### YESTERDAY'S RESULTS

#### N.Y. Giants at Washington

### WESTERN CONFERENCE

#### GP W L OL GF GA PC

#### d-Chicago 34 23 8 3 103 71 49

#### d-Calgary 38 21 16 6 113 110 48

#### d-San Jose 35 22 11 7 105 106 40

#### Los Angeles 37 22 12 3 111 108 47

#### Calgary 35 20 11 4 101 87 44

#### Phoenix 36 21 13 2 91 83 44

#### Dallas 35 15 10 11 105 108 41

#### Detroit 38 18 13 5 98 96 41

#### Vancouver 36 20 16 0 110 93 40

#### Minnesota 37 17 16 3 93 103 37

#### St. Louis 34 15 14 5 84 95 35

#### Anaheim 35 14 14 7 99 111 35

#### Columbus 36 14 12 4 103 126 35

#### Edmonton 36 15 16 4 105 113 34

#### TODAY'S GAMES

#### Philadelphia at Washington, 7 p.m.

#### Montreal at Vancouver, 10:30 p.m.

#### TODAY'S RESULTS

### NFL

#### YESTERDAY'S RESULTS

#### N.Y. Giants at Washington

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About one in 110 children in the United States have autism, according to the U.S. government's latest estimate released Friday by the Centers for Disease Control and Prevention. Autism is diagnosed by making judgments about a child's behaviour; there are no blood or biologic tests. **THE ASSOCIATED PRESS**

# Health & Beauty

EDITOR: JENNIFER.PRITTI@METRONEWS.CA

## Surviving stressful situations over the holidays

CELIA MILNE  
for Metro News



**Ahh, the holidays. And family. And patterns of behaviour that never change. Your mother makes you feel fat. Or skinny. You always fight with your brother. Your sister bugs you about driving a nice car. How can you survive holiday conflicts and come out feeling good about yourself?**

While you are running around getting ready for the holidays, spend a little time thinking about the mental traps you fall into, and what you can do differently. Plan ahead your response to comments you find toxic.

"We have to work to predict what will be difficult for us based on our history

with the family, and make a plan," says Meryl Bear, director of the National Eating Disorder Information Centre (NEDIC) in Toronto.

NEDIC staff posted a helpful document on their website called "Coping with the holidays." It's written for people with eating disorders, but many of the tips are applicable to anyone who feels vulnerable at this time of year.

"Family get-togethers are difficult for many of us, regardless of whether we have a psychological illness or not," says Bear. "Always think in the holiday season, people are not going to change."

It's easy during family events to put the needs of others ahead of your own. Here are some tips to rejuvenate:



Take time out for yourself and to unwind over the holidays.

- Plan which events you will attend and which you won't. It's OK to say no.
- Plan to have restorative time for your own needs:

Go to a movie, turn off the phone, or take a walk.

- Visit or call a trusted friend. You can even let this person know ahead of

time that you may need to do this.

- Buy yourself a present.
- Plan to do volunteer work or join an interest or support group if you are likely to feel lonely, empty or depressed. Build some structure into your holidays.

If the holidays are difficult for you, it's important to spend a little time thinking about which people make you feel uncomfortable and what to do about it. Do you want to avoid these people altogether? If not, predict what these people might say to you. Plan your response, and even practice saying it.

NEDIC recommends saying positive things to yourself. Before events, think "I am entitled to..." During events, "I can handle this." After events, "I did

**"Always think in the holiday season, people are not going to change."**

Meryl Bear, director of the National Eating Disorder Information Centre (NEDIC)

very well."

For instance, you might say to yourself after an event, "I can see that my sister is upset, but it was important that I take care of myself." Remind yourself that you are a worthy individual and are entitled to respectful behaviour.

If someone is being difficult, "Just let it pass. It actually isn't about you. It's about the other person," says Bear.

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Thank you for your referrals of family and friends.

Enjoy a safe and Happy Holiday Season!  
Merry Christmas, Happy Hanukkah, and Happy Holidays!

## Reducing skincare confusion: Which product goes on first

JANINE FALCON  
for Metro News

ing from cleansers to at-home dermatological treatments.

Executive Vice President Lucy Papas says their staff prompted the initiative. "Every time we'd launch

SKINCARE Our appetite for anti-aging solutions feeds a constant release of new technology, ingredients and formulations. As a result, skin care regimens have become more complicated than wash-dry-moisturize. Now we have AHAs, retinol, SPF, vitamin treatments, topical lighteners, concentrat-ed serums

and more. "I find that women have trouble figuring out the order of products," comments dermatologist Dr. Paul Cohen, who appears regularly on Canada AM.

A new Applications Tips feature on NeoStrata.ca can help reduce application confusion whether or not the site visitor uses a full regimen of products. NeoStrata, a Montreal-based company, specializes in anti-aging and anti-acne care in formulations rang-

NeoStrata Smooth-ing Cream Level 1 with four per cent glycolic acid, \$36.

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the industry have these concerns and questions, surely there must be more people out there who do," she explains.

NeoStrata's tips outline the application order of specific types of day and night formulas. Each step also provides a "why" that can be applied to skincare in general. For example, a note linked to the Vitamins & Serums step explains that applying them before moisturizer allows skin to absorb them better, and that "moisturizer creates a barrier which keeps your skin hydrated and locks in the benefit of the vitamins." That's information even non-NeoStrata users can appreciate.



**Dangerous turkey dinner**

An injury warning has been issued by emergency staff in the U.K. to those preparing a Christmas dinner while drunk. The most common problems are burns from the oven and people choking on turkey. [BBC.CO.UK](http://BBC.CO.UK)

# Happy couples, happy holidays

Surviving the holidays fight-free can be a challenging but doable



**The J Spot**  
**Josey Vogels**

[metronews.ca/thejspot](http://metronews.ca/thejspot)

The holiday season can often feel like you're one mulled wine away from losing it. This is the time of year when it's especially important to know when to pick your battles with your mate. And even more important is knowing how to best duke it out.

First of all: no actual duking. Second, according to a new study out of the University of Texas at Austin, couple fights are best diffused through the careful use of "analytical" key words. Words like "think," "understand," "because" and "reason."

By "careful," I'm pretty sure they don't mean telling your sweet, honey, darling, binkie-poo that you "think" that that reason he never "understands" anything you tell him is "because" he has no sense of "reason" and must have been dropped on his head when he was a child.

That isn't going to diffuse anything. In fact, you're more likely to achieve the opposite and spark an atomic-level explosion.

Using insults and condescending language rarely wins an argument.

Neither does badgering your partner into talking. You



Certain key words can help you and your partner resolve problems

know what I mean: "What's wrong?" "Nothing." "C'mon, what's wrong?" "Just forget it." "C'mon, talk to me." "I don't want to talk about it." "Fine." Silence. Of course, that's when you really kick in. "I have ways of making you talk," you glare.

Needing to always be right is another useless tactic. If you're one of these, ask yourself what's really more important: being right or being happy and getting along with each other?

Also popular and less than productive is the old sweeping blame game. If any phrases that begin with "you always," "you never," or "why are you such an utter and complete dumbass" are about to come out of your

mouth, bite your tongue and count to ten. Then try rephrasing your comments in ways that express how you feel rather than what what's wrong with your partner. "I'm feeling frustrated..." "I'm trying to understand..." you get the picture.

Of course, despite your best efforts, sometimes a fight escalates before you both even know what hit you and you suddenly find yourselves overwhelmed by if-you-say-another-word-my-head-is-going-to-explode frustration. If this happens, the best and only solution is to walk away, calmly, (that means no running after him out the door in your underwear) and regroup. You can both cool off and deal with whatever was there in the first place — if it really was anything — later. More often than not, stress, exhaustion, or too much Bailey's-laced coffee turns up as the underlying culprit.

Happy Holidays. Hope you survive!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).



Women taking anti-depressants are more likely to have a stroke.

## Anti-depressants up stroke risk

**CELLA MILNE**  
for Metro News

**HEART HEALTH** A large U.S. study has found that taking anti-depressants increases women's risk of stroke.

The study was based on 136,293 women between the ages of 50 and 79. They were followed for an average of six years as part of the Women's Health Initiative study. Women on anti-depressants were 45 per cent more likely to have a stroke than women not taking these medications. Stroke risk was still considered fairly low for individual women, but over large populations, the finding is significant.

It could be that depression itself raises risk of stroke, so how much risk is associated with the medica-

tions is still being studied.

Stroke risk did not vary between two major types of anti-depressants, selective serotonin reuptake inhibitors (SSRIs) and tricyclic anti-depressants (TCAs), the study found, though SSRIs were linked more strongly to hemorrhagic stroke — a type of stroke involving a bleed in the brain. Researchers were quick to point out that women who have been prescribed anti-depressants by a doctor should not stop taking them, but rather discuss with their physicians the risks and benefits.

It's possible to reduce risk of stroke by exercising more frequently, eating a healthy diet, reducing blood pressure, quitting smoking and limiting alcohol intake, commented stroke experts.

Give yourself a  
**White Christmas**

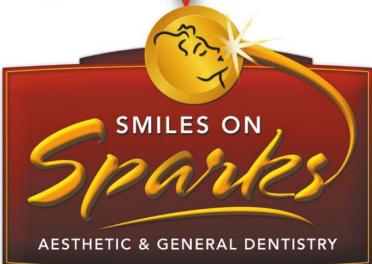
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**Exquisite Dentistry**  **Incredible Smiles!**

Paleo Brands, Inc. is introducing a new gourmet entrée and snack line that will launch Jan. 4. The line will consist of unprocessed, preservative-free, grass fed meats, wild caught fish, vegetables, fruits and nuts. **METRO NEWS SERVICES**

# Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Personal Gourmet recipe of the month

# Have your cake & eat it too!



Marble Mocha Cheesecake.

### The holiday season is all about decadent desserts.

I love the combination of chocolate and cheesecake in this recipe. And the best part is that it is conscious of calories and fat. So you can actually have your cake and eat it too!

#### Marble Mocha Cheesecake

Coffee and chocolate go so well with this creamy cheese batter. You can double this recipe: bake it in a 10-inch pan and add another 10 minutes to the baking time, baking until the center is still loose.

**PREP TIME: 15 MINUTES  
COOK TIME: 40 MINUTES**

**SERVES 12**

#### INGREDIENTS:

- 1 1/2 cups chocolate wafer crumbs
- 2 Tbsp water
- 2 Tbsp sugar
- 1 Tbsp vegetable oil
- 1 2/3 cups smooth light ricotta
- 1/3 cup softened light cream cheese
- 3/4 cup granulated sugar
- 1 egg
- 1/3 cup light sour cream or

**Make ahead:  
Refrigerate  
for up to 3  
days. Freeze  
up to 2 weeks**

#### METHOD:

1. Spray an 8-inch spring-form pan with cooking oil. Preheat the oven to 350°F.

2. For the crust, combine the crumbs, sugar, water and oil. Mix thoroughly. Press into the bottom and partially up the sides of the prepared springform pan.

3. For the filling, beat the ricotta, cream cheese, sugar, egg, sour cream, flour and vanilla in a large bowl or food processor until well blended. Dissolve the coffee granules in the hot water. Add to the batter and mix until incorporated. Pour the batter over the crust and smooth the top.

4. Place the chocolate chips and oil in a small bowl and microwave on medium high for 30 seconds or just until soft. Driz-



#### About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at [rosereisman.com](http://rosereisman.com) & [personalgourmet.ca](http://personalgourmet.ca)

over the top of the batter. Draw a knife or spatula through the batter several times to create a marbled effect.

5. Bake for 35 to 40 minutes. The center will be slightly loose when you jingle the cake.

6. Cool on a rack. Refrigerate for at least 2 hours before removing the sides of the pan and serving.

#### Nutritional Info PER SERVING

Calories:	210
Protein:	8 g
Fat:	7 g
Saturated fat:	4 g

## Liquid Assets

### Peter Rockwell

[metronews.ca/liquidassets](http://metronews.ca/liquidassets)

### Dinner pairing

While I'm sure some of you would

like a liquid recommendation for roast beef (try a full-bodied cabernet sauvignon), ham (pick a New World pinot noir), lamb (a medium-bodied Aussie shiraz) or even lobster (nothing beats a ripe New Zealand sauvignon blanc); here are some thoughts on matching wine with the big bird and its varied side dishes.

A classic roast turkey dinner is surprising forgiving when it comes to a wine partner. In reds think California Zinfandel, Italian Chianti or a Frenchmen from Beaujolais or the Southern Rhône Valley.

For a bottle of white, choose a mid-priced chardonnay from Australia, Chile or France's Burgundy region or a German with a touch of sweetness like Moselland's 2008 Ars Vitis Riesling (\$9.95 - \$17.99).



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## Swift, Depp favourite celebs

The results are in. Popeteer.com has names Taylor Swift and Johnny Depp as its favourite celebrities of the year after asking its readers. Jennifer Aniston and George Clooney were the runner-ups. **POPEATER.COM**

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Taylor Swift top entertainer

Country singer caps a monumental year by topping Associated Press poll

## It's a love story, baby.

Taylor Swift sang those words about a young romance, but they apply just as well to America's feelings for the 20-year-old country singer. Swift, adding to the heap of awards already bestowed on her, has been voted The Associated Press entertainer of the year.

Swift was chosen by newspaper editors and broadcast producers across the country in a survey of AP members. She follows last year's winner, Tina Fey, and 2007's pick, Stephen Colbert.

"I am so honoured and so excited," Swift said in an interview by phone with the AP. "This was so unexpected, and I could not be more grateful."

Though her second album, *Fearless*, came out in late 2008, Swift was ubiquitous in 2009.

She found critical acclaim for her autobiographical and infectious songwriting, exemplified in tunes such as *Love Story* and *White Horse*. She led a sold-out tour across 52 cities in North America.

She won album of the year from the Country Music Awards and the Country Music Association Awards. She hosted Saturday Night Live and performed at the Grammys. She won five American Music Awards, including artist of the year.

At one point, she had eight songs on the Billboard Hot 100 chart.

Swift said that several nights of her year were "golden and shiny and I'll remember forever." Hosting SNL was one of those.

"That entire week was life-changing, honestly."



Country star Taylor Swift — who at one point had eight songs on the Billboard Hot 100 and is nominated for eight Grammys — was voted entertainer of the year in a poll by The Associated Press.

**"She defines crossover appeal and would seem to be a strong business model in a declining music business."**

Ellis Widner

said Swift. "It makes you feel so thankful to be a part of the music industry, but more than that, to me, SNL is show business."

Another live show, the MTV Video Music Awards, was more of a mixed blessing for Swift. She was accepting the award for best female video (the first VMA to be given to a country act) when Kanye West stormed the stage and interrupted her speech. West's stunt set off a media storm that perhaps said as much about Swift's popularity (fans and musicians alike came to her defence) than it did about West's.

Among those who voted for Swift for entertainer of

the year was Danielle L. Kiracofe, entertainment editor for the Stars and Stripes, the military newspaper.

"In a time of 'made' musicians, she writes her own songs and has her own sparkly style," said Kiracofe. "She's managed to do all of this with grace, class and poise — and without uttering a swear word, dancing on a pole or wearing next to nothing. At the age of 20."

Ellis Widner, style editor for the Arkansas Democrat-Gazette, applauded Swift for superseding generational boundaries.

"She defines crossover appeal and would seem to be a strong business model in a declining music busi-

ness," Widner said.

At year's end, Swift's life is in flux. She'll soon move out from home with her family, making this Christmas an emotional one for her. She may well have more trophies to haul in, too. In January, she'll be attending the Grammys, where she's nominated for eight awards. She's already begun to look beyond 2009.

The second that I put out *Fearless*, the moment that album came out and I was done with it, I started writing for my next album," said Swift. "I love to plan 20 steps ahead of myself, and it's really fun competition game that I play with myself, trying to top what I've done last."

THE ASSOCIATED PRESS

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### Bond Girl



Susan Boyle is being tipped to record the next James Bond song. The Scottish star is said to be thrilled at the prospect of being chosen to lend her voice to the movie, which is due in 2011. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

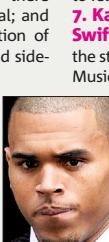
### Top entertainment stories of 2009

#### 1. Michael Jackson dies



On June 25, Jackson was pronounced dead at the age of 50. One of the most momentous and shocking deaths in pop culture history, the event reverberated in many ways: There was the ongoing investigation; there was the gigantic funeral; and there was the celebration of his music, on stages and sidewalks the world over.

#### 2. Susan Boyle becomes overnight sensation



The humble, unknown Boyle became an international star after she sang *I Dreamed a Dream* on Britain's Got Talent on April 11, the Brown clip spread like wildfire online, totalling more than 120 million views on YouTube.

#### 3. Late-Night swap



On NBC, Conan O'Brien took over The Tonight Show, and Jay Leno moved to 10 p.m. All the fanfare may have been overdone — at year's end, neither was receiving good ratings.

#### 4. Walter Cronkite dies



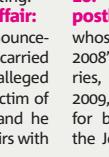
The passing on July 17 of Cronkite was not only the sad loss of a universally acknowledged great man but Letterman was a reminder of a bygone era in broadcasting.

#### 5. David Letterman affair



Letterman's Oct. 1 announcement on his Late Show carried two bombshells: He alleged that he had been the victim of an extortion attempt, and he confessed to having affairs with

#### 6. Chris Brown assaults Rihanna



The big story on Grammy night didn't take place on stage. Chris Brown assaulted then-girlfriend Rihanna, an altercation that led to Brown pleading guilty to felony assault in June.

#### 7. Kanye West robs Taylor Swift



Bad behaviour ruled the story line at the MTV Video Music Awards when West interrupted Swift's acceptance speech for best female video. The rapper underestimated the negative reaction he would inspire.

#### 8. Live video explodes on the web



One of the biggest trends in online video was the emergence of demand for live video. Live online video particularly suited daytime news events. Millions online watched the inauguration of U.S. President Barack Obama and the funeral of Michael Jackson.

#### 9. Kate and Jon Gosselin split



One of reality TV's latest sensations fell apart just as it was reaching fruition. TLC's *Jon & Kate Plus 8* was winning its best ratings in its fifth season when the pair announced their separation.

#### 10. Heath Ledger wins posthumous Oscar



Ledger, whose death topped the poll of 2008's top entertainment stories, remained a presence in 2009, when he won an Oscar for best-supporting actor for the Joker in *The Dark Knight*.

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Tila Tequila could be surrogate mom

Is Tila Tequila giving her brother a shot at fatherhood? In a Twitter post on Sunday, the reality-TV star wrote that she is serving as a surrogate mother for her brother and his wife. [PEOPLE.COM](http://PEOPLE.COM)

# Joss Stone is free and clear

British soul siren ready for bright new year

MAUREEN LITTLEJOHN  
for Metro Canada



**British soul sensation Joss Stone is no longer between a rock and a hard place.**

Her new album, *Colour Me Free*, on EMI Records, (released in October) has received critical praise. She's got a European tour scheduled for February and she hopes to tour North America later in the year. All good news after 2009, when the feisty 22-year-old singer publicly tried to parachute from her record deal (to no avail) and had her album release delayed for half a year.

"Music is how I get things out. My songs are a reflection of my emotions. I write about everything, when I'm p—ed off, frustrated or in love," she explained over the phone from her home in Devon, England.

*Colour Me Free* was written and recorded in a

**"Music is how I get things out. My songs are a reflection of my emotions. I write about everything, when I'm p—ed off, frustrated or in love."**

Joss Stone

week in early 2008 at her mom's live music club Mama Stone's. Warm, organic and rootsy, the 12 songs have a vintage '60s soul feel, peppered with contemporary stylings. An all-star lineup of guests includes guitarist Jeff Beck, drummer Sheila E., singer-songwriter and producer Raphael Saadiq and rapper Nas.

"It was a gorgeous day and I really wanted to make an album. My writing partners Jon (Shorten) and Conner (Reeves) thought I was crazy. The band flew in the next day. We brought in some recording equipment and made it up as we went along," said Stone.

The first two tracks, *Free*

*Me and Could Have Been You*, are outstanding. "I wrote *Could Have Been You* when I was 15. I asked Jon and Conner to help me finish it. Most of the other songs evolved just by trying sounds out with the band. It was really fun. We didn't use any structure or formula," she said.

Her most challenging accomplishment in 2009 took place on the small screen. In the fall, *The Tudors* TV show featured Stone as German noblewoman Anne of Cleves, Henry VIII's fourth wife. Henry found Anne so repulsive he decided not to consummate the marriage.

"I like her not," he declared. Hard to believe with the glowing Stone



Joss Stone has a new record and hopes to tour North America later in the new year.

cast in the part, but then drama is all about a willing suspension of disbelief.

Stone gamely adopted a German accent for the role, and recalled, "Anne kept her head, she lived through it. Henry gave her

a castle and lots of cash. They became quite good friends. Her ugliness saved her life."

Between writing songs with her band, and doing press for her new album, Stone spent the holidays with her family in Devon. She even had them all over to her house for Christmas dinner. What did she serve? "Roasted nut loaf. I'm a vegetarian, although I'd serve turkey if anybody wanted it," she said.

**MICHAEL DOUGLAS** **JESSE METCALFE** **AMBER TAMBLYN**

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**Ricci releases new film**

Christina Ricci has made a new short-film for DKNY. The Monster actress features in four different scenarios in the film, designed to show off the ways which the fashion house's leather Eldridge bag can be used. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

# Movie experiences that defined the decade

**STEVE GOW**  
for Metro Canada



**From computer-animated innovation to comic-book crusaders coming to life on the big-screen, the past decade in movies has been as remarkable as any period in cinema's century of existence.**

Sure, it also gave us such goose eggs as Gigli and Battlefield Earth but for every box-office bomb there's been a fantastic work of art that has transformed its genre and explored imagination. Here's a look at the best cinematic experiences of the last ten years.

**Lord of the Rings**

Of course there were actually three movies, but Peter Jackson's daunting adaptations should truly only be considered as one. Either way, this stirring trilogy earned 30 Oscar nominations and won the Best Picture in 2004.

**The Dark Knight**

The decade's only film to solidly give the reigning



Lord of the Rings transformed the epic adventure genre and set the tone for similar movies throughout the decade.

all-time box office champ (*Titanic*) a run for its money, this Batman thriller is history's top-earning comic-book movie. Plus, who could forget Heath Ledger's Oscar-winning turn as the malevolent Joker?

**No Country for Old Men**

The Coen Brothers continued to shine with this amazing rendition of Cormac McCarthy's harrowing bestseller. Not only did it win the Best Picture Oscar but Javier Bardem did for the term "friend-o" what Jack Nicholson did for "Here's Johnny!" in 1980's *The Shining*.

**Memento**

Filmmaker Chris Nolan (*The Dark Knight*) rose to fame with this mindbender about a man trying to discover who murdered his wife. The problem: His memory isn't too clear so the narrative is as mysterious as his concussed mind.

**Wall-E**

Even though it was obvious before this 2008 hit, Pixar fully established itself with *Wall-E*

**Movie feature**

as the decade's most progressive studio providing family fare that's intelligent, challenging and entertaining for both kids and adults.

There were several other films over the past decade worth mentioning as well:

Eccentric screenwriter Charlie Kaufman teamed up with director Michel Gondry for the absurdist rom-com *Eternal Sunshine of the Spotless Mind*; Martin Scorsese won a long-awaited Oscar with his cop-dra-

ma *The Departed* and Guillermo del Toro even created one of the decade's most amazing movies with *Pan's Labyrinth*. And even though that fantasy flick may not have achieved the same legend at the box-office, it shows that the past decade will be perhaps best remembered for the promise of what's to come in the next ten years.



The film *Wall-E* helped Pixar to full establish itself as a Hollywood player during the '00s.

**Top 10 in '09**

It's been a very good year for movies. After all, recent reports have shown that admissions are up over last year (which is necessary when blockbusters like *Avatar* are costing upwards of \$500 million to make). But with the past twelve months giving us everything from big-budget thrillers like *Star Trek* and *Watchmen* to edgy indie dramas like *Paranormal Activity* and *Humpday*, it's never easy to compile the best of the best. Instead, I scoured ten film critic associations' lists in order to find the best movies of 2009. As the cream rose to the top, here is what became the most popular films of 2009:

- 1 **The Hurt Locker**
- 2 **Inglourious Basterds**
- 3 **Up**
- 4 **Up in the Air**
- 5 **Precious**
- 6 **District 9**
- 7 **A Serious Man**
- 8 **(500) Days of Summer**
- 9 **Fantastic Mr. Fox**
- 10 **The Messenger**

STEVE GOW/FOR METRO CANADA

## Simpsons turning public off on nuclear power?

**TV** An American philosophy professor who has edited a series of books about how TV programs such as *The Simpsons* have affected popular culture says many people may be concerned about nuclear power from watching the animated cartoon show.

Dr. Bill Irwin, a philosophy professor at King's College in Wilkes-Barre, Pa., says Homer — the bum-

bling main character in *The Simpsons* who works at a nuclear power plant — has perhaps helped to put a negative spin on nuclear power by doing such things on the show as trying to stop a meltdown by randomly pressing buttons on a console. He also points out that the owner of the nuclear power plant in *The Simpsons*, Mr. Burns, is portrayed as a

cold-hearted, greedy industrialist. But the show's most intelligent character, Homer's daughter, Lisa, is portrayed as a staunch environmental advocate.

"She's very eco-friendly and very much against nuclear power and the nuclear power plant run by Mr. Burns," Irwin said during a recent interview on a Saskatchewan radio talk show.

The editor of the book *The Simpsons and Philosophy* says television and movies about nuclear disasters such as Chernobyl and Three Mile Island have also added to negative publicity surrounding nuclear power.

Irwin has also edited a series of similar books, which look at the effect of such TV shows as *The Sopranos*. **THE CANADIAN PRESS**



A philosophy professor has charged that *The Simpsons* has shaped the way people perceive nuclear power.

A Swiss newspaper is reporting that a friend of Roman Polanski says the director is finishing the edit of his latest movie *Ghost* while under house arrest. He says the movie maker is working and confident about the U.S. extradition request hanging over him. **THE ASSOCIATED PRESS**

# Sex Therapy album lays it on Thicke

Singer talks about the response to his latest cd and his move into acting

**Robin Thicke's new CD is called Sex Therapy, but the sensual singer says guys have to think beyond the bedroom if they want to keep a woman happy.**

Thicke's prescription for a satisfied woman includes the occasional foot rub, a dinner date, shopping sprees and listening sessions. But sex does play a part as well — hence the title of the album.

**Q** If you were a sex therapist and you had to give advice to a couple with intimacy issues — what would you say to them?

**A** First thing, they probably just need to slow down and look at each other again and get in a new environment. Maybe go to a different restaurant, go anywhere else, have her try on some new lingerie, buy her some new lingerie, make her feel sexy. Maybe she needs to do something to make him feel sexy. But you can't ever give up on it because it's so easy to just start sitting there and the hours turn into days and



Recording artist Robin Thicke poses for a portrait in New York.

the days turn into weeks and the next thing you know you ain't doing nothing with each other.

**Q** How did your family respond to the new music?

**A** The CD is so wild and some people, they're a little of

fended even though they love certain songs. They're like, 'Wow, you're getting so this and that.' I'm like, 'It's not that serious.' ... My older brother, who always liked my music very much but never gone over the top, he just said, 'I can't stop listening to it.' He

said, 'This album is like great sex, I just want more and more and more of it.' And I was like, 'Wow, that's a pretty good advertisement.' (Laughs) ... But then my mom (actress Gloria Loring) hears it and (is like), 'Oh, it's a little aggressive for mommies.'

**Q** I hear will you be acting soon — tell me about that.

**A** I wouldn't want to bring down other actors by saying what I'm trying to do is acting.

(Laughs)

What they do is acting, I'm just trying. But I got a role in this animated film (*Rio*) with Anne Hathaway and a few other very talented people, where I play a bird, a singing bird.

**Q** I know your wife is pregnant — how does it feel to know you will be a father soon?

**A** It's extremely exciting.

All day long when I get a little worried or scared or anxious or tired, I just say, Thank you God for, as of right now, a healthy child and a healthy wife and a happy home.

In this world that should be enough to make a man happy for a day, you know what I mean?

Every time I get a little frustrated I just thank God for those things.

Murphy was sick ahead of her sudden death: Doctor

**MEDICATION** Brittany Murphy was ill with flu-like symptoms in the days before her death and prescription medications were taken from her home, the Los Angeles coroner's office said yesterday.

The 32-year-old star of films such as *Clueless* and *8 Mile* died Sunday morning after collapsing at her Hollywood Hills home. Paramedics tried to revive her, but she was pronounced dead at Cedars-Sinai Medical Center. Police said there was no evidence of foul play.

Assistant Chief Coroner Ed Winter

said they conducted an autopsy yesterday to try to determine what killed the actress, and said her death appeared to be from natural causes. He said the illness, reported to officials by her family, could have contributed to her death, but it will be weeks before a final determination is made. The coroner's office will defer releasing a cause of death until after toxicology tests are complete. Officials will contact her personal physician to get a better sense of Murphy's medical history, Winter said.

Neighbour Clare Staples said she saw firefighters working to resuscitate the actress Sunday morning. She said Murphy was on a stretcher. Murphy's husband, wearing pyjama bottoms and no shoes, appeared "dazed" as firefighters tried to save her, Staples said.

"It's just tragic," she added.

Funeral arrangements have not been announced.

**THE ASSOCIATED PRESS**

## critics' corner

### Deck the Halls

Better yet, let's deck the writer who accepted money for cranking out this sugar lump about a fatherless 8-year-old who leaps to the obvious conclusion when he spies a new neighbor who has a sleigh, a red suit and various other familiar-looking trappings. Before you can say, "Take my mom, please!" Junior has visions of a stepfather named Santa dancing in his head. 9 PM on 7 CTV 104 CTV



**NCIS** Gibbs and the rest of the team are forced to put in overtime while searching for a suspect on a case over Christmas. The real problem arises when they discover their prime suspect has been dead for 17 years. Talk about a "Silent Night." 8 PM on 13 CBS 3 GTV

### The Good Wife

Will and Alicia have only 72 hours to prove who is responsible for a freight train crash that officials are trying to blame on three engineers, whose widows are being denied their pensions in prison in "Crash." 10 PM on 13 CBS

## Kenya's Style

### Kenya Hunt



Read the blog at [metronews.ca/kenyasstyle](http://metronews.ca/kenyasstyle)

DT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Parks	Recreat. Eden	The Best of The Agenda	East West 101 (N)	Science and Islam (N)	Best Agenda			
211	331	3	GTV	ET Canada	Entertainment	NCIS "Silent Night"	The Christmas Choir (2008, Drama) Jason Gedrick.		News Final			
-	-	5	SRC	Martin sur la route (N) (SC)	Le Show du Refuge (HDTV) Le Refuge des jeunes. (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Ontario			
209	342	6	CHRO	Sue Thomas: F.B.I.	Levies of the Saints (2005, Drama) Sophia Loren.			Stargate Atlantis (DVS)	Comedy Now			
196	311	7	CTV	Corner Gas	Degrassi: TNG	The Rankin Family Reunion	Deck the Halls (2005, Comedy-Drama), Ken Pogue (DVS)		CTV News			
208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	A Christmas Story **** (1983, Comedy)		CBC News: The National	The Hour			
-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser "Where Are They Now"	TVA nouvelles (10:45) Pilles non comprises		News			
117	713	10	TVA	Qui perd gagne (SC)	Les Dernières Vacances *** (2006, Comédie) Queen Latifah.							
-	11	OS	Touche pas à mon fil	Dirty Sexy Money (SC)	Pratique privée (N) (SC)			Guerre clans L'Attaque à 5 (N)				
137	763	12	TFO	Un monde de passion	Le Monde des couleurs							
-	362	13	CBS	The Insider (N)	Judge Brown	NCIS "Silent Night"	NCIS: Los Angeles	The Good Wife "Crash"	Two/Half Men			
216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men King/Queen	Cold Case			
214	344	15	CITY	Murdoch Mysteries (HDTV)	The Biggest Loser "Where Are They Now"			The Jay Leno Show (N)	News			
115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)	Vivere V	Law & Order: Criminal Intent	Metropia			
218	345	18	CHCH	Little Troll Prince	Bugs Bunny	Die Hard 2 *** (1990, Action) Bruce Willis, Bonnie Bedelia.			News at 11 (N)			
-	361	20	ABC	Action News	Entertainment	Amer. Funniest Home Videos	Scrubs	Better Off Ted	Christmas at the White House	News		
512	396	24	CPAC	(6:10) Dossier public (SC)	L'Heure politique (SC)	Dossier public (SC)			Tête à tête	Dossier public		
651	355	25	CTS	Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street						
-	365	36	FOX	TMZ (N)	Seinfeld	Carrie Underwood: An All-Star Holiday Special (HDTV)		Life Today	This Is Day	John Hagee		
205	312	34	CTV	Corner Gas	Access H.	Whiz Quiz	Frontline "From Jesus to Christ: The First Christians"		FOX 2 News (N)	News		
502	390	26	NW	Connect	Today's biggest stories. (N)							
500	500	33	CNN	CNN Tonight (N)	Campbell Brown (N)							
406	417	27	net	Olympics: Away From Home	Skating	The Ultimate Fighter (HDTV)						
126	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)						
400	280	30	TSN	That's Hockey!	Boxing Manny Pacquiao vs. Miguel Cotto.	Hockey IIHF World Junior Hockey Pre-Competition: Canada vs. Finland.						
410	403	52	SCR	Cabby Unlucky	Score Today	Court Surfing NBA news, scores and highlights.						
417	406	53	OLN	Ghost Hunters	Bounty Hunter	Bounty Hunter						
554	544	48	TEL	A Dennis the Menace Christmas (2007, Comedy)								
557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled! (N) Han. Montana Wizards-Place Andrea Roth.						
551	542	65	TVY	Year Without a Santa Claus	Crazy for Christmas (2005, Drama) Andrea Roth.							
570	580	28	MM	I Want to Work for Diddy	I Want to Work for Diddy	I Want to Work for Diddy						
615	520	31	A&E	Paranormal	Paranormal	Paranormal Paranormal						
628	584	32	SPKE	UFC Unleashed	Ways to Die	Ways to Die						
521	560	34	TLC	More Crazy Christmas Lights	Table for 12	Table for 12	18 Kids-Count	17 Kids-Count	Little Couple	Little Couple	Table for 12	
145	761	35	TV5	La Vie est un cirque			Coco Chanel					
616	521	36	SHO	The Outer Limits	Christmas Town (2008, Romance-Comedy), Garry Chalk							
620	523	40	BVO	Christmas at the Concert Hall	Johnny Cash Christmas	Johnny Cash Live at Montreux 1994						
520	505	42	DIS	Daily Planet (N)	How It's Made	How It's Made						
575	583	43	CMT	Amer. Funniest Home Videos	The Most Wonderful Time of the Year (2008, Drama)							
601	562	45	SLC	Rich Bride, Poor Bride	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada		
625	548	46	COM	Air Force	22 Minutes	Corner Gas	22 Minutes	The Simpsons	South Park	Corner Gas	Daily Show	
294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Legally Blonde 2: Red, White & Blonde				
600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Law & Order: SVU				
627	528	50	SPCK	Stargate Atlantis (DVS)	Star Trek: Voyager							
581	566	52	MTV	MTV Cribs	Teen Cribs	MTV Top 10 x 10 (N)	16 and Pregnant					
618	524	54	TROP	'70s Show	'70s Show	The Outer Limits	ET Canada	Switch	Family Guy	'70s Show	'70s Show	
522	506	55	HIS	Ancient Discoveries (N)	Cities of the Underworld	Cities of the Underworld						
129	773	60	CD	Ben et Jarrod (HDTV)	Ben et Jarrod (HDTV)	Mayday (HDTV) (SC)						
261	394	61	V	Murder, She Wrote	Hallelujah!	Dinnerladies	The Man Who Saved Christmas (2002, Docudrama), Ed Asner					
602	567	62	W	Stolen Miracle (2001, Drama)	Leslie Hope, Hugh Thompson	Home by Christmas (2006, Drama) Linda Hamilton.						
269	350	67	APTN	Fish Out	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	Rez Rides	Moccasin Flats	Grocery Bag
621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show						
603	561	95	FN	Ricardo	Exotic	Throwdown With Bobby Flay	Heston's Feasts					

Good Eats

Iron Chef Am.

**Fatone awaits second child**

'N Sync star Joey Fatone looks set to become a father again in 2010. The pop star-turned-TV presenter's wife Kelly Baldwin is due to give birth to the couple's second child in January, usmagazine.com reports. **METRO NEWS SERVICES**

**entertainment 33****Celebrity Buzz****Zeta-Jones flashes Broadway auditorium**

**PEEKABOO** Some Broadway theatregoers got a little more bang for their buck at a recent performance of *A Little Night Music* when Catherine Zeta-Jones inadvertently flashed a section of the auditorium, according to *Page Six*.

"I couldn't believe it. No wonder Michael Douglas looks so happy," an audience member says. "The couple sitting next to me also saw it and poked each other."

**METRO WORLD NEWS**

**Britney Spears posts fiction alerts on website: Report**

**DO YOU REALLY CARE ANYWAY?** Having trouble sorting fact from fiction when it comes to Britney Spears? Allow Britney herself to help you out, *people.com* reports.

The pop star has introduced a new "Bulls—Alerts" page on her website, meant to deliver the inside scoop straight from Britney and her team on what's true and what's bull.

The page launches by focusing on the bull, and lots of it. A post titled "The Year in BS" presents a list of the 75 most outlandish media stories reported about Britney over the past year, as determined by the Spears team.

"There were more than 13,000 stories written about Britney in 2009," says the post. "We ranked the ones we believe were the most ridiculous. Either because they were factual

ly inaccurate, because they reported the patently absurd, or because we believe they are simply offensive to the sensibilities."

The No. 1 story on the list, from the



**METRO NEWS SERVICES**

Mirror in the U.K., claimed that Britney was dating Indian choreographer Sandip Soparrkar.

Also in the top 10: reports that Spears, 28, wasn't prepared for her world tour, that she thought her father was drugging her, that she was dating music producer Dallas Austin, and that she filmed a music video topless.

**METRO NEWS SERVICES**

**Brand, Perry purchase home in exclusive hood**

**HOLLYWOOD LIVING** Things seem to be going swingingly for Russell Brand and Katy Perry, as the British comedian has reportedly purchased a home to share with Perry, according to *Hollyscoop*.

The property in question is a \$3.5 million US, seven-bedroom mansion in The Summit estate in Los Angeles, the same gated community where

Britney Spears once lived.

**METRO WORLD NEWS**

**Celebrity tweets**

Neil Patrick Harris suffers from the snow like everyone else, *Lindsay Lohan* tries to clear things up after getting hacked and *Ashley Tisdale* pays his respects to *Britney Murphy*.



• *@ActuallyNPH* Holiday Airline Madness! Flight to NY cancelled, mad dash to find seats in full planes. Feel like I'm on the Amazing Race. In the bad way.

• *@lindsaylohan* I never

twittered anything about rihanna, I actually just had to

email someone to reset my password. Waste of paper to all you tabloids :)

• *@aplusk* 2day the world lost a little piece of sunshine. My deepest condolences go out 2 Brittany's family, her husband, & her amazing mother Sharon. see you on the other side kid.

**METRO WORLD NEWS**

**Winehouse causes stir during Christmas time pantomime**

**NO STAGE FRIGHT** Amy Winehouse shocked theatre-goers by hurling abuse at the cast and reportedly kicking the theatre's manager, *femalefirst.co.uk* reports.

The troubled star is being investigated by British police after her antics at the pantomime — a traditional musical comedy production, typically performed around Christmas — which saw her disrupt the performance of *Cinderella* by heckling its stars before attacking front-of-house manager

Richard Pound.

Winehouse — who is thought to have been drinking — reportedly spent more than half an hour of the first act of the performance yelling expletives.

**METRO WORLD NEWS**

**Miller invites Law over for the holidays**

**HEY JUDE, TAKE MY CHRISTMAS AND MAKE IT BETTER** Sienna Miller has invited Jude Law to spend Christmas with her, *femalefirst.co.uk* reports.

The actress — who has reportedly rekindled her relationship with the *Sherlock Holmes* star — has now asked him to join her at a secluded beach-front villa in Barbados where she will be spending the festive break with friends.

A source told *The Sun* newspaper: "She is jetting to the Caribbean (today) and has asked Jude if he would like to

join her.

"He's very much considering the proposal and would love to take up the opportunity but has a number of other considerations — not least his kids."

Jude, 36 — who has four children, including a two-month-old daughter Sophia from a brief fling with model Samantha Burke — first dated Sienna in 2004, but they split two years later when he was caught having an affair with a nanny.

**METRO WORLD NEWS**

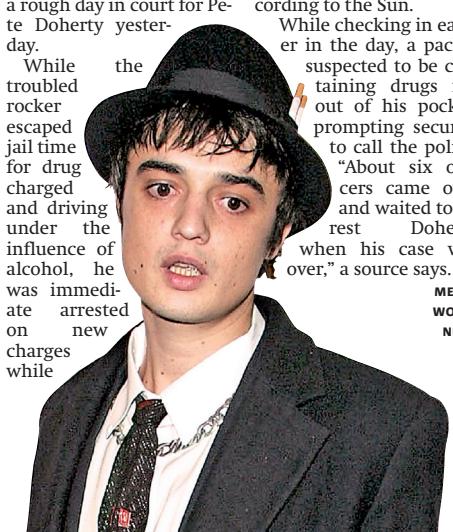
**Doherty busted upon leaving courtroom**

**DRUGS IN HIS POCKET** It was a rough day in court for Peter Doherty yesterday.

leaving the courthouse, according to the Sun.

While checking in earlier in the day, a packet suspected to be containing drugs fell out of his pocket, prompting security to call the police. "About six officers came over and waited to arrest Doherty when his case was over," a source says.

**METRO WORLD NEWS**



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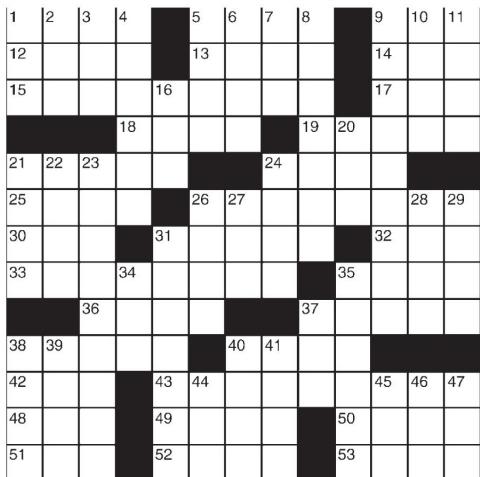

 Today  
Flurries  
40%

 Wednesday  
Flurries  
-10° / -11°  
40%

 Thursday  
Variable  
-1° / -7°

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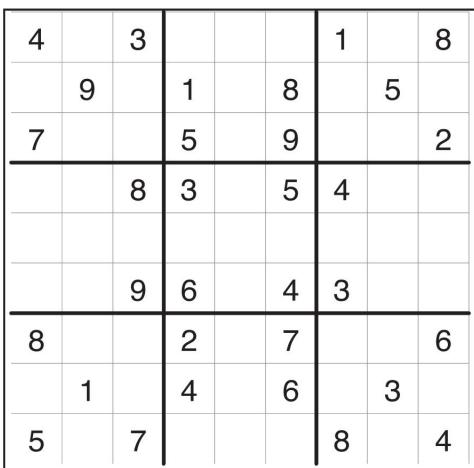

## Take Five



### Sudoku

 For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



#### ACROSS

1 Muslim pilgrimage  
5 Omit  
9 Omega preceder  
12 Jai —  
13 Golden Rule word  
14 Rowing need  
15 Cheating  
17 "Birth — Nation"  
18 Bird house?  
19 Page or Pompeo  
21 Smartens (up)  
24 Book after  
Joel  
25 Pale  
26 Starving  
30 Modernday evidence  
31 Legerdemain  
32 Gorilla  
33 Jogged untogged?  
35 Manitoba tribe  
36 Swiss artist  
Paul  
37 Creator

#### DOWN

1 Possessed  
2 Foreman foe  
3 Pickle holder  
4 Unlicensed taxi  
5 Dines  
6 Entanglement  
7 Judge Lance  
8 Attack on one's opinions  
9 Sly one with a cue  
10 Secure  
11 Persia, now  
16 "Of course"

#### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	4	3	1	6	5	8	2	9
1	2	6	9	8	4	7	5	3
9	5	8	7	2	3	4	6	1
5	1	4	8	3	7	2	9	6
3	8	9	6	4	2	1	7	5
8	6	7	3	1	9	5	8	4
6	7	2	5	9	1	3	4	8
2	3	5	4	7	6	9	1	2
4	9	1	2	5	8	6	3	7

#### On the web


 For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)

## Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

### ARIES

**MARCH 21-APRIL 20**


This is the ideal time to make an impression on people in positions of power. If you are hoping for a promotion the Sun will help you be noticed.

### LIBRA

**SEPT 23-OCT 23**


You will have to deal with people today who, to say the least, are emotionally difficult and there may be times when you could scream at them to stop.

### TAURUS

**APRIL 21-MAY 21**


You can work alone if you wish but the planets indicate you need to join forces with like-minded people if you want to see your dream become a reality.

### SCORPIO

**OCT 24-NOV 22**


Words will come easy to you today and you will leave no one in any doubt what it is you mean and what it is you expect of them.

### GEMINI

**MAY 22-JUNE 21**


Try not to be too concerned about what you own and earn because that could lead to conflict with someone whose needs may be at odds with your own.

### SAGITTARIUS

**NOV 23-DEC 21**


Don't worry too much if your financial and business affairs are in a bit of a mess because the Sun's transit of the money area of your chart will help.

### CANCER

**JUNE 22-JULY 22**


If you are serious about your aims and ambitions it would be wise to consult partners and colleagues before you do anything about them.

### CAPRICORN

**DEC 22-JAN 20**


If you want to start something new or if you want to change your life in some way now is the time to stop thinking about it and to start acting.

### LEO

**JULY 23-AUG 23**


Cosmic activity in the area of your chart that governs your daily routine will pile on the pressure over the next few days.

### AQUARIUS

**JAN 21-FEB 18**


This is generally a happy time of year for you but it could be one of the happiest ever if you face up to a fear that has been a constant in your life.

### VIRGO

**AUG 24-SEPT 22**


Because the Sun is transiting the most dynamic area of your chart you must aim higher than ever before.

### PISCES

**FEB 19-MARCH 20**


Make the effort to get out and about and meet new and exciting people. You are an introvert but you should be more adventurous.



## This day in history

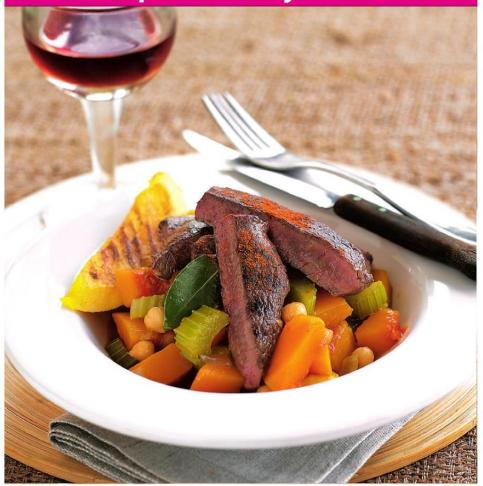
1944: World War II: Battle of the Bulge – German troops demand the surrender of United States troops at Bastogne, Belgium, prompting the famous one word reply by General Anthony McAuliffe: "Nuts!"  
1944: World War II: The Vietnam People's Army is formed to resist Japanese occupation of Indo-China, now Vietnam.  
1965: In the United Kingdom, a 70mph speed limit is applied to all rural roads including motorways for the first time. Previously, there had been no speed limit.  
1989: Berlin's Brandenburg Gate re-opens after nearly 30 years, effectively ending the division of East and West Germany.

## TAKE A BREAK FROM WORK

Visit [metronews.ca](http://metronews.ca) to watch  
**metrotube** of the day



## Metro Recipe of the Day



2. Add bay leaf, stock and 1 tbsp (15 ml) Worcestershire sauce, and bring to boil. Reduce heat, then cover and simmer until vegetables are just tender. Adjust seasoning if necessary.

3. Meanwhile, brush venison steaks with remaining Worcestershire sauce and cook 4-5 minutes on each side. Cut into thick pieces, if you like.

4. Stir chickpeas into pot of vegetables and bring back to boil. Spoon vegetables onto serving plates and top with venison.

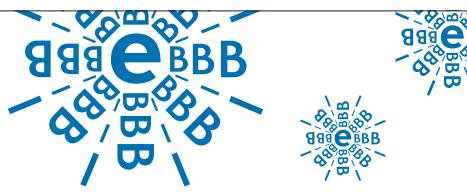
Sprinkle with the paprika and serve.

**SERVES 4**

### rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!





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**Santa Clara**  
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(including service charges): \$212  
Departure tax: 25 CUC cash, paid locally



**Jamaica**  
Sunset Beach  
Resort & Spa • 3 1/2 ★  
All-Inclusive • Standard rm.  
Jan. 23 & 30 • 1 wk.

**\$949**

+Taxes & other fees  
(including service charges): \$266

**The Sands at**  
Grace Bay • 4★  
Studio courtyard  
Jan. 11 & 18 • 1 wk.

**\$1199**

+Taxes & other fees  
(including service charges): \$223

**Los Cabos** via Toronto  
Barceló Los Cabos  
Palace Deluxe • 5★  
All-Inclusive • Junior suite  
Jan. 9 - 30 • 1 wk.

**\$1199**

+Taxes & other fees  
(including service charges): \$285

**Sunset Jamaica Grande**  
Resort & Spa • 4★  
All-Inclusive • Standard rm.  
Jan. 9, 23 & 30 • 1 wk.

**\$999**

+Taxes & other fees  
(including service charges): \$266

**Santa Clara**  
Meliá Las Dunas • 4★  
All-Inclusive • Standard rm.  
Jan. 10 & 17 • 1 wk.

**\$1059**

+Taxes & other fees  
(including service charges): \$212  
Departure tax: 25 CUC cash, paid locally

**Ixtapa /**  
**Zihuatanejo** via Toronto  
Barceló Ixtapa Beach • 4★  
All-Inclusive • Standard rm.  
Feb. 6 & 13 • 1 wk.

**\$1249**

+Taxes & other fees  
(including service charges): \$282

**DEAL to**  
**EUROPE**

**Paris** via Toronto or Montreal  
Hotel Cervantes Paris • 3★  
Breakfast  
Standard double rm.  
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+Taxes & other fees  
(including service charges): \$336

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Interior stateroom, cat. L  
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**Punta Cana** via Toronto  
Moon Palace Casino,  
Golf & Spa Resort • 5★  
All-Inclusive • Caribbean suite  
Jan. 9, 16 & 23 • 1 wk.

**\$2099**

+Taxes & other fees  
(including service charges): \$317

**Cancun / Riviera Maya**  
Moon Palace Golf  
& Spa Resort • 4 1/2 ★  
All-Inclusive  
Superior deluxe garden view rm.  
Mar. 20 • 1 wk.

**\$2139**

+Taxes & other fees  
(including service charges): \$275



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